

NLP

Justin

Practitioner Certification Training

Classic NLP Anchoring

Learn how to choose the most useful internal state for a given situation, step out of less resourceful or “stuck” states, and use environmental and behavioral cues to build the series of experiences you want in your life.

Outcomes

People who appear to have “discipline” and easily achieve their goals think about goals in a very particular manner. You’ll learn and practice the components of successful goal achievement and learn to transform the objections and road blocks.

The Art of Noticing

What if there’s more visual, auditory, and kinesthetic information in the world than you realize? You can improve your sensory acuity through practice and begin to interact with what’s happening now even more. You can also learn to improve your ability to notice what’s most useful in a given moment.

Rapport

Developing that “felt sense” of similarity with another person - even a person you previously found difficult to communicate with or be around - can improve your communication clarity and flexibility. You will learn and practice the technical components of rapport.

Thought Qualities (or Submodalities)

You will learn to recognize the structure of your thoughts and easily shift them to create the results you want. You’ll use classic NLP patterns such as the phobia/ trauma cure and the Godiva chocolate pattern to eliminate unwanted responses.

Language Patterns of Integral Influence

Learn the patterns developed by the father of hypnosis, Milton H. Erickson, M.D. to create receptive states of mind in service of a goal or outcome.

Metaphor

Learn to use story and metaphor conversationally to respectfully introduce new choices and solutions into your interactions with others. Metaphor is the most respectful way of communicating.

Beliefs

Learn to identify core beliefs and how they limit or encourage certain behaviors, emotional states, and thoughts.

Noticing/ Calibration

- Detect specific behavioral changes in another person: visual, auditory, calibrate to a variety of key states such as confusion, recognition, resourceful, unresourceful, etc.
- Identify when a state is fully accessed.

Behavioral Flexibility

- Demonstrate behavioral shifts: visual, auditory, physical.
- Understand and can utilize NLP presuppositions.

Rapport

- Pacing and Leading Behavior -- Detect, match, and lead behavior via what you/ another person:
- See (posture, gestures, movements, breathing and facial expression)
- Hear (voice, tone, tempo, volume, pitch, rhythm)
- Feel (pressure, tempo, rhythm of touch, emotions)
- Recognize the difference between matching and mismatching.
- Elicit and maintain states of excellence in another and self.

Process Words

- Determine whether a person is using visual, auditory, and/ or kinesthetic process words in conversation, and match whatever process words are being used to create a better sense of rapport.

Backtrack

- Appropriately feed back to the another person through a paraphrase or a summary of what s/he the other person said.

Break State

- Recognize when yourself or someone else is in an unresourceful state.
- Shift self and the other’s state through methods that are physically/ socially respectful.

Future Pace

- Rehearse for future success using a particular state, behavior, or capability in the future.

Outcome Specification

- Orient towards a positively stated outcome with all the well-formed outcome conditions.
- Identify “ecological” outcomes that take the entire person/ system into consideration.

Language Patterns:

- Use meta-model challenge questions to specify more detail.
- Use language patterns of influence in service of someone else’s outcome.

Techniques are interventions or recipes designed for specific “present state” --> “desired state” combinations. They are based on exemplars, or individuals who successfully demonstrated a useful strategy to obtain a particular desired state.

Here are some of the techniques that are usually covered in class.

- Perceptual Positions
- New Behavior Generator
- Circle of Excellence
- Changing Personal History
- Well Formed Outcome Frame
- Meta Outcome Questions
- Language of Influence Patterns
- Future Pacing
- Aligning Neurological Levels
- Swish for More Resourceful Identity
- Phobia/ Trauma Cure Procedure
- Transforming Negative Self Talk
- Reframing
- Conditional Close
- Parts Integration
- Tape Editing
- Mentor Pattern
- Walking Belief Change
- Sage Advice

- About the 8-Weekend NLP Practitioner Certification Training:
- Small class format means more feedback and face time with trainer and assistants.
- In person training with experienced trainer feedback is key to making sure you receive NLP training you can actually use (more than just theories!), that supports your personal and professional development, and that connects you to a learning community that will continue to support your success even beyond the training.
- Trainer Katie Raver teaches NLP in London, Austria, Belgrade, Switzerland, and Brazil. Take advantage of this training while she offers it in our home town of Austin!
- This class is only offered once per year in the Weekend Format in Austin, Texas.
- Register with a deposit for the first 2 weekends, try out the class, then continue with payments if you wish to complete all 8 weekends of class.

TUITION & CLASS DATES

Two registration choices:

- 1) Pay In Full: \$2395 total
- 2) Pay \$535 deposit

This covers your first two weekends of class: April 22-23 and May 5-6. If you decide to continue after that, you'll pay just 4 payments of \$535.

Regular tuition is \$2600. Additional payment plans available.

Weekend Dates for 2017:

Weekend 1: April 22-23

Weekend 2: May 6-7

Weekend 3: June 24-25

Weekend 4: July 8-9

Weekend 5: July 22-23

Weekend 6: August 5-6

Weekend 7: August 19-20

Weekend X: August 26-27

(reserve in case makeup weekend is needed)

Weekend 8: September 2-3

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